

ADVANCED CONNECTIONS EQUINE & CANINE THERAPY



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Passive Range of Motion (PROM) Stretches - These stretches should be done before and after exercise and repeated 2-4 times with each session. **DO NOT FORCE ANY OF THESE MOVEMENTS:** This stretch involves moving all the joints of the limbs through a comfortable range of motion. This will promote cartilage and joint healing, prevent contraction of the muscles, and stimulate blood and lymphatic flow. This movement should be performed with care and never forced. In forcing the stretches you will cause pain and this will be contraindicated to the purpose the movement. Your pet should lay on his/her side with the affected limb up. Gently and slowly move the limb.

- i) The first stretch is flexing and extending the entire limb, up towards the body and then away from the body.



- ii) The second stretch is done by supporting the knee with one hand and the foot with the other, move the limb backwards.



iii) The third stretch is in the opposite direction moving the limb forward.



vi) The final stretch is moving the entire limb holding it straight and circling both clock and counter clockwise.



Alternatively to this you may use an abduction stretch: straighten your dog limb and gently move entire limb away from the body.

Take your pet to his/her maximum level of comfort, but not beyond. This should not be an unpleasant exercise.

- iv) Spinal flexions and extensions from the base of the tail to shoulders, gently applying pressure to each side of vertebrae.
- v) Weight shifting will also help encourage weight bearing on the affected leg. Do this by either gently adding pressure to the inside of the surgical leg; add and take away pressure to cause a swaying motion. You may also practice this by doing the same exercise with the opposite leg outside the limb. During both exercises make sure your dog does not step away from the pressure, you may do this by put your hand at the base of the surgical leg.

*An alternative to the above weight shifting is to do hind limb roll backs. This is done by adding gentle pressure over the front of the stifle (knee) and applying that pressure against the limb creating rolling back onto hind limbs.

- vi) Another way to encourage your dog to bear weight on the surgical/weak leg. You can do this by lifting the opposite leg slowing allowing the surgical/weak leg to bear weight. Be aware that your dog might lean his/her body weight forward, gently put a bit of pressure on the chest to ensure that the leg is in fact bearing weight.
- vii) You may also add an object-a pillow or short step, for you animal to stand on with their front legs to encourage further weight bearing of their hind legs and do the weight shifting this will make the exercise slightly more difficult.